Tuesday, February 18, 2014

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WHAT TO WATCH IN SOCHI

• **8:45 a.m.** Four Canadians will go for the first ever Olympic gold medal in men's ski halfpipe. They're led by medal favorite Mike Riddle, who's the 2012-13 overall world cup champion. The other three swept a world cup podium last month.

• **10:15 a.m.** Kaillie Humphries and Heather Moyse — the first Canadian women's team to win bobsled Olympic gold — will slide in their first two of four runs. Humphries comes in to Sochi the two-time reigning world cup champion. **GREG DOWNS/FOR METRO**

Canadian clinging to life in Panama

The young woman fell seriously ill while working in the country and now her family wants her to be airlifted back to Canada PAGE 4

SETTING THE ICE ON FIRE

Tessa Virtue and Scott Moir of Canada compete in the ice dance at the Iceberg Skating Palace during the 2014 Winter Olympics in Sochi on Monday. The pair skated their way to the silver medal. Story, page 20. DARRON CUMMINGS/THE ASSOCIATED PRESS

Prison health care slammed by ombudsman

Stats. About 35 inmates die in federal prisons each year from natural causes

It often takes more than two years for Correctional Service Canada to complete a mandatory review when someone behind bars dies of natural causes, the national prison ombudsman says.

A report released Monday by correctional investigator Howard Sapers also raises questions about the quality of care provided to prisoners before they die.

Sapers says he uncovered questionable diagnostic practices, incomplete records, lax information-sharing and delays or lack of follow-up on treatment recommendations.

Prison staff did not investigate the circumstances of natural deaths beyond noting the cause as either unexpected or sudden, so there is no way of determining whether a death was preventable or premature, Sapers says.

About 35 federal prisoners die each year for natural reasons.

"More offenders are growing old in custody and succumbing to chronic disease in prison."

The process for reviewing deaths in prison should also be subject to a "quality control audit" by an outside medical examiner, Sapers says.

In preparing the report, Sapers' office hired an independent doctor to study the medical care provided to a sample of 15 offenders before they died. All of the deaths involved men and all but one was anticipated by the prison service.

THE CANADIAN PRESS

At a glance

Howard Sapers recommends several changes, including:

- All reviews of prison deaths should be led by a doctor.

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800 Canadians Own Property in Ecuador!

WHY?

"*Because we can!*" responds **William Burgel**, who recently purchased one of the 1600 home sites from the Canadian company HolaEcuador. "*With prices like that we can finally afford a property in the south.*"

"*Prices start at $15,000 for a lot and $55,000 for a nice little beach house. For $120,000 you can own a luxurious home that would easily cost $300,000 or more in Canada.*"

"*It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more – they really thought of everything,*" he adds, visibly proud of his acquisition.

But perhaps most attractive for property owners - **the ocean!** The project is situated on **one of the 3 most beautiful beaches** of Ecuador, directly in front of the "mini Galapagos" island in the Machalilla National Park. "*Property owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location,*" says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador. *benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location,*" says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

One of the beautiful homes being built by HolaEcuador

ECUADOR?

"*Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago,*" affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the **lowest cost of living in all of the Americas!** A taxi in town costs only $1 and a daily lunch special in a seaside restaurant is rarely over $3.

From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

HOW TO BECOME A PROPERTY OWNER?

"*It's very simple,*" says Mr. Rochefort. "*I saw an advertisement for an informational session in Metro News, I reserved a spot and I attended. The developers themselves were present and gave us all the information we needed. After the session, I requested a follow-up meeting with one of the HolaEcuador sales representatives at their office in Hull and a few weeks later I was the proud owner of my piece of paradise! In a couple of years I'll be building my dream home with HolaEcuador.*"

Goodbye snow, hello Pacific!

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Orleans

Fatal crash spurs traffic stop probe

The province's Special Investigations Unit (SIU) is looking into a fatal crash that took place early Monday morning in Orleans.

According to a police news release issued Monday, a cruiser tried to stop a vehicle on Trim Road shortly after midnight Monday. The vehicle was then involved in a fatal crash, but police have not released any details on the person killed. Four SIU investigators have been assigned to probe the crash. Ottawa police are also conducting their own parallel investigation.

Traffic heading on Hwy. 174 was diverted to Old Montreal Road on Monday and Hwy. 174 eastbound lanes were closed at Trim Road while investigators looked over the scene.

TREVOR GREENWAY/METRO

Cops called

Ottawa man charged after knife brandished: Police

An Ottawa man is facing several charges after police say a knife was brandished during a confrontation between neighbours.

Police say the man went to a neighbour's home on Saturday and asked for money but the neighbour refused. It's alleged the man then returned brandishing a knife and uttering death threats, and that witnesses to the incident called police. No injuries were reported.

James Lavergne, 24, is charged with uttering threats, possession of a weapon, assault with a weapon and failing to comply. THE CANADIAN PRESS

Ronald McDonald House goes 'above and beyond'

Mindy and Don Callaghan and their five-year-old son, Sean, were at Ronald McDonald House in Ottawa Monday, as RBC presented a cheque for $36,000 for 14 of the charities across Canada. Carol Houston, executive director of the Ottawa location, said the funds will help refurbish a bathroom in one of the guest rooms. The Callaghans hailed Ronald McDonald House for going "above and beyond" for accommodating Sean, who suffers from hydrocephalus. "They don't treat you like a guest, they treat you like family," Don said Monday. JOE LOFARO/METRO

OC Transpo service dropped in Q3 2013

Ill transportation.
Tardiness blamed on construction, weather

SEAN MCKIBBON
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If it felt like your bus was late more often, but you had more elbow room in the last three months of 2013, you weren't dreaming, the numbers actually prove it.

A quarterly performance report slated to be presented to the city's transit commission Wednesday says OC Transpo's performance levels "dropped slightly" and puts the blame on "several severe winter weather events."

"The last quarter of 2013 saw weather and construction-related events that negatively impacted service more than in the last quarter of previous years," the report says.

Regular service during the morning peak dropped from 68 per cent on time in Q4 2012 to 64 per cent on time in Q4 2013.

Express service during the morning peak period decreased from 83 per cent in Q4 2012 to 78 per cent in Q4 2013 and regular service during the afternoon peak period also dropped, from 58 per cent on time in Q4 2012 to 54 per cent on time in Q4 2013.

Even scheduling additional time doesn't appear to have helped with major construction projects downtown, the report notes.

Ridership also fell 2.1 per cent from the fourth quarter of 2012 to 26.4 million trips by OC Transpo customers in the last three months of 2013.

The report blames a decline in employment and federal cut backs for the drop.

The bright side

On the plus side, buses were involved in fewer collisions in the third quarter of 2013 (the city says it's collision numbers are always measured a quarter late). The number of crashes per 100,000 vehicle kilometres in Q3 2013 fell to 1.88 collisions compared to 2.30 crashes in Q3 2012.

Foilproof plan. Ottawa woman's invention helps keep you cool in heat wave

Cate Rushforth is likely the only person these days thinking about when Ottawa's next heat wave will show up.

But when, and if it ever does come, Rushforth won't have to turn on her energy-sucking air conditioner to keep her house cool.

She'll just break out her new invention, the Sun Reflector Kit, roll a sheet of reflective material over the window and reap the savings.

"It stops the heat from getting into your house and warming up your home," says Rushforth, holding up a piece of material that looks like a thin sheet of tin foil. She said her creation has helped slash her hydro bill from over $200 down to just $67.

"You have insulation in your roof and in your walls, but the place where the heat gets in and makes you need to turn on your air conditioning is through the windows."

The Sun Reflector does essentially the same thing that slapping a sheet of tin foil over your windows does, but the difference is that Rushforth's home doesn't look like vampires or drug addicts are hiding inside. The foil is clean, easy to use and looks more like frosted glass than tin foil.

"You can still see out, still see your children playing out in the backyard," says Rushforth.

Rushforth's venture may get a major boost this spring, as she has already made a pitch to the dragons on CBC's Dragon's Den for an $80,000 investment in the company. She's not allowed to reveal what happened on the show, but she did say dragon Kevin O'Leary is just as snippy in real life as he is on TV.

"Kevin is a jerk, he's always a jerk, but he does it on purpose with a twinkle in his eye," she said of her taping last April. She isn't sure yet when the episode will air.

TREVOR GREENWAY/METRO

Cate Rushforth rolls a sheet of reflective material over a window, showing off her new product, the Sun Reflector Kit, that helps keep homes cool in the summer. TREVOR GREENWAY/METRO

Woman's family just wants her back home

Online campaign.

Family wants to get sick Canadian woman out of Panama to Canadian hospital

JOE LOFARO
joe.lofaro@metronews.ca

The family of a young Canadian woman who fell seriously ill while working in Panama is hoping to have her airlifted to a hospital in Montreal to get life-saving heart surgery.

Maeva Beauzile is now bedridden in a Panama City hospital with a breathing tube in her mouth because of a bacterial infection that has attacked her heart. Nadia Alkadri, an Ottawa woman who worked with Beauzile in Alberta two years ago, is publicizing an online fundraiser on Facebook to encourage others to help out and get her friend back home.

"She's always smiling, she's energetic," said Alkadri. "She's just a good person."

The 21-year-old was doing some modeling work abroad in January when she had on-and-off fever-like symptoms.

"It started with just a little fever," said Michaelle Beauzile, Maeva's aunt.

Beauzile said her niece has been diagnosed with endocarditis, an inflammation of the inner layers of the heart. The young woman, described by her aunt as "healthy as Hell," now faces an earth-shattering dilemma.

"I'd rather take her home in Canada where we know they will have the latest equipment to make our lives better," Michaelle Beauzile said.

Maeva did not get travel health insurance prior to her trip, her aunt said. "Unfortunately, that's a mistake we all made," she said.

The family enlisted the help of friends, family, and strangers to help pay the cost of an emergency medical evacuation to Canada. A friend set up an Indiegogo web page to help raise some of the $45,000 the family says it needs to pay for the medevac.

Her aunt said extended family members are going to try to pay for whatever the donations won't cover.

In this grainy photo taken by Michaelle Beauzile, her niece Maeva Beauzile, inset, can been seen hooked up to a breathing tube inside a Panama City hospital on Sunday. INDIEGOGO.COM

Quoted

"I'd rather take her home in Canada where we know they will have the latest equipment to make our lives better."

Michaelle Beauzile, Maeva's aunt.

Needed

$45,000

A friend set up an Indiegogo web page to help raise some of the $45,000 the family says it needs to pay for Maeva Beauzile's emergency medical evacuation to Canada.

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Braving the bitter cold to compete cross-country

Gatineau Loppet. Skiers took to the snow over the weekend to compete in the 36th annual event

MIKE CARROCCETTO
ottawa@metronews.ca

Cold northwest winds blew a bitter breeze into the national capital region Saturday night, changing the race conditions for about 1,300 cross-country skiers at Sunday's 36th annual edition of the Gatineau Loppett.

But there was nothing bitter on the mind of Lac-Mégantic's Vincent Blais, the third place finisher with a time of 2:25:10.8 in the 51-kilometre men's freestyle race.

"I have always been proud, really proud, of being from Lac-Mégantic," said Blais from the podium ceremony.

"Now everywhere I go I want to push even harder, to show people we can achieve great things even if we come from a small town. People are pushing me hard to keep racing and I just wanted to show people that I'm persevering."

Blais finished almost three minutes behind Marc-André Bedard, of Quebec City, and Chelsea's Steffan Lloyd, who crossed the finish line just 2.5 seconds apart, in what was the tightest race of the morning.

Despite the -18 C temperature at 9 a.m. when hundreds of cross-country skiers started either a 27-kilometre or 51-kilometre race, the hardest part of the race might having been choosing the right ski wax.

Yan Michaud, president of the Gatineau Loppett, said the drop in temperature affects the kind of wax competitors should use. "(Racers need to) use a glide wax. If you haven't changed your wax, or put a warm wax on, it will be really really tough out there (on the course)."

Nicholas Pigeon of Gatineau won two races over the weekend, including the 27-kilometre freestyle Sunday morning. The 18-year-old Pigeon was three minutes faster than Maxime Leboeuf, 26, also of Gatineau, and almost five minutes faster than 37-year-old Daniel Murray of Dingwall, Nova Scotia.

The course "was like sandpaper out there," said Pigeon, who also won a race on Saturday. "Everyone's skis were really slow, so you have to push through it. Go as fast as you can and get the skis to warm up," was his winning strategy, and it obviously worked.

Skiers race out from the start line at the 36th annual Gatineau Loppet in Gatineau, Que., on Sunday. Below, Marc-André Bedard, winner of the 51-kilometre freestyle, raises a bottle of bubbly during the podium presentation. Bedard, of Quebec City, won the race with a time of 2:22:26.1. MIKE CARROCCETTO/FOR METRO

In the women's 27-kilometre freestyle, Gatineau's Veronique Fortin, age 33, with a time of 1:28:09.8 finished 13 minutes ahead of Chelsea's Karine Labonte (1:41:19.2). Louise Martineau of Rimouski, age 53, finished third with a time of 1:43:26.3.

"I've been skiing a long time, since I was 17," said Martineau after her race. Asked about the conditions, she added, "the course was slow…. I changed wax, but it wasn't perfect."

Claude Godbout of Quebec City won the women's 51-kilometre freestyle race in a time of 2:51:01.7, about 22 seconds ahead of Sheila Kealey.

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N. Korea. UN panel warns Kim Jong-un could face international prosecution

A UN panel warned North Korean leader Kim Jong-un on Monday that he may be held accountable for orchestrating widespread crimes against civilians in the secretive Asian nation, ranging from systematic executions to torture, rape and mass starvation.

It is unusual for a UN report to directly implicate a nation's leader.

But in a letter accompanying a yearlong investigative report, the chairman of a three-member UN commission of inquiry, retired Australian judge Michael Kirby, directly warned Kim that international prosecution is needed "to render accountable all those, including possibly yourself, who may be responsible for crimes against humanity."

"Even without being directly involved in crimes against humanity, a military commander may be held responsible for crimes against humanity committed by forces under the commander's effective command and control," Kirby wrote.

"They are wrongs that shock the conscience of humanity," Kirby said, comparing them with Nazi atrocities.

North Korea is unlikely to face prosecution because China, one of five veto-wielding members of the UN Security Council, generally opposes such referrals to the International Criminal Court.

"Too many times in this building there are reports and no action," Kirby said of the UN. "Well, now is a time for action. We can't say we didn't know."

THE ASSOCIATED PRESS

Crimes against humanity

The report is a wide-ranging indictment of North Korea for policies including:

- Political prison camps with 80,000 to 120,000 people

Rainbow-clad LGBTQ activist detained in Sochi

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament and prominent crusader for transgender rights, is detained by police after entering the Shayba Arena in Sochi, Russia, Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Olympics. Prominent transgender rights crusader removed from hockey game

An Italian activist shouting "It's OK to be gay" and dressed in a rainbow-coloured outfit and large headdress was detained Monday as she entered an arena to watch an Olympic hockey game.

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament who has become a prominent transgender rights crusader and television personality, was stopped by four men and then driven away by police in a car with Olympic markings.

It was not known where she was taken.

Luxuria had been walking around the Olympic Park in Sochi for about two hours. She was shouting "Gay is OK" and "It's OK to be gay" in both English and Russian.

Luxuria earlier said she was detained on Sunday evening by Russian police who told her she should not wear clothes with slogans supporting gay rights. Police denied detaining her.

On Monday, the Italian activist walked around the Olympic Park with a group of journalists, attracting onlookers.

Luxuria arrived at a ticket inspection barrier at the hockey arena just before an evening game was due to begin. She passed through the barrier and was being given directions to her seat when four men who were not wearing any identification surrounded her and started shouting "take her away." They then led her out of the venue and to the parking lot.

As she was being led away from Shayba Arena, she was shouting "I have a ticket."

It was not immediately clear why Luxuria was detained.

THE ASSOCIATED PRESS

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CANADA'S ECONOMIC ACTION PLAN

Canada

Co-pilot hijacks his own flight

Geneva. Ethiopian Airlines pilot asks for political asylum after locking captain out of cockpit and flying plane to Switzerland

Police stand on the stairs at a Geneva airport after passengers were evacuated from a hijacked plane on Monday. SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

It seemed like a routine flight until the Ethiopian Airlines jetliner went into a dive and oxygen masks dropped from the ceiling.

The co-pilot locked the captain from the cockpit, commandeered the plane and headed for Geneva. He used a rope to lower himself out of a window and asked for political asylum. Authorities say a prison cell is more likely.

One passenger said the hijacker threatened to crash the plane if the pilot didn't stop pounding on the locked door.

The plane landed in Geneva at about 6 a.m. Officials said no one on the flight was injured and the hijacker was taken into custody.

"The pilot went to the toilet and (the co-pilot) locked himself in the cockpit," Geneva airport chief executive Robert Deillon said.

The co-pilot was identified as Hailemedhin Abera, a 31-year-old Ethiopian man who had worked for Ethiopian Airlines for five years and had no criminal record, said Ethiopia's communications minister, Redwan Hussein, adding that Ethiopia will seek his extradition.

Geneva police said he claimed he felt threatened at home. THE ASSOCIATED PRESS

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If you follow a game plan each year, it may make it easier to save money for the future. The first step is to get your finances organized by creating and following a budget. ANDREY_POPOV/SHUTTERSTOCK

A savings game plan you can bank on

YLVA VAN BUUREN
For Metro

Not completely satisfied with your RRSP contribution this year?

Here is an annual game plan for saving for retirement that can help you do a little better next year.

There are many things you can do at different points throughout the year.

1 First things first — you have to get your finances organized, says financial adviser Aaron Keogh, president of the Windsor chapter of Advocis, The Financial Advisors Association of Canada. Early in the year, create and start following a budget. "A budget is designed to help you decide where you wish to allocate your money. How much do you need to spend on fixed living expenses? How much do you want to spend on discretionary expenses? Is this really a proper usage of your resources." Keogh suggests using a budget tracker — there are numerous options available on the market.

2 Once your taxes for 2013 are done, review registered investments. What is your RRSP contribution room limit, and should you utilize RRSPs and the tax-free savings account (TFSA) in 2014 to put yourself into a better position going forward? Keogh suggests setting up automatic contributions (on a weekly or monthly basis) into TFSAs, RRSPs, or both.

3 Review non-registered investments. You may be able to improve your tax situation by shifting non-registered savings accounts, stocks or mutual funds into TFSAs, Keogh said. For example, if you have a savings account with three months of funds for a rainy day, it might make sense to move some of that money into a TFSA where it can grow tax-free if you have available room. "When January rolls around, you can shift funds from non-registered investments or TFSAs into RRSPs in order to save on taxes for 2014."

4 Stay on budget during the summer. Schedule time once a week to review your budget and what you have spent.

5 Head into the winter holidays with a budget in mind, too.

6 As December comes to a close, "keep top of mind your goal, which is maximizing your tax savings and retirement savings," Keogh said. In the new year, you will still have 60 days to make an RRSP contribution that can go towards the previous tax year.

A cash flow analysis will help determine where you spend your money and how you can reduce expenses. GPOINTSTUDIO/SHUTTERSTOCK

Make it a priority to pay yourself first

Whose cash flow isn't tight these days, which is all the more reason to pay yourself first when it comes to savings, says Christopher Dewdney, a Toronto financial adviser and member of Advocis, The Financial Advisors Association of Canada.

"The whole purpose of the RRSP is not only the tax savings but, eventually, it's going to be income during retirement."

Here are some savings strategies.

• Change spending habits. Do a cash flow analysis so you know exactly what you are spending your money on and look for opportunities where you can reduce expenses. Start small, Dewdney said, be reasonable, and remember that every dollar counts.

• Stop the needless charges. If you use ATM machines from other banks, for example, charges are often doubled.

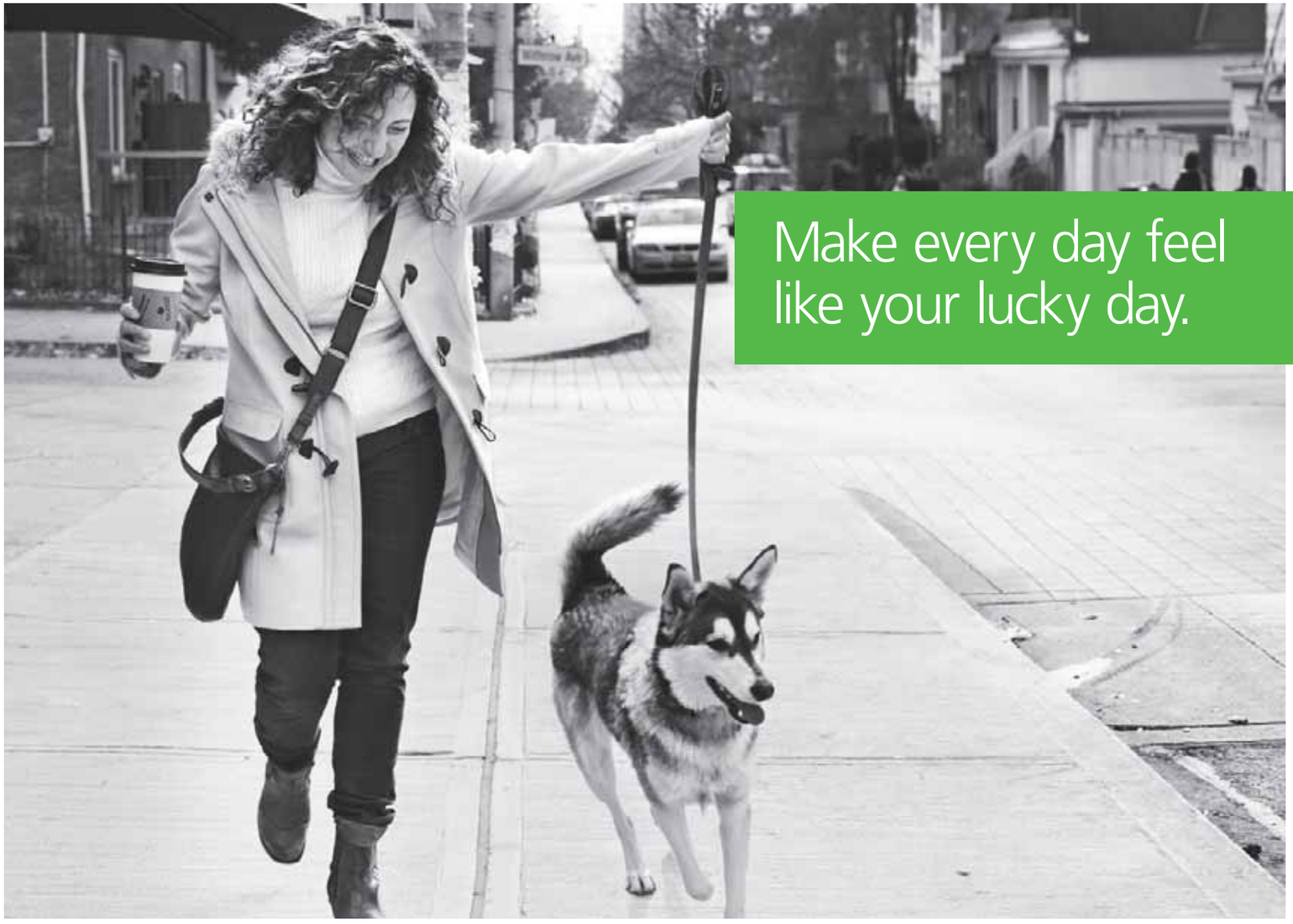
• Consolidate debt. If you have multiple payments (credit cards, loans, car loan, etc.), get a debt consolidation loan to reduce interest expense and free up cash.

• Save automatically. Set up automatic — weekly or monthly — deposits into your RRSP. You will get used to it quickly and once you see savings accumulate, it will be motivating, Dewdney said. "Also, you benefit because you're not trying to time the market. Historically, your average costs are better."

• Say yes to a group RRSP or pension plan. If your employer offers a company plan, take full advantage of it, especially if a percentage or amount will be matched. "If the employer is matching, say four per cent, you make a 100 per cent return of four per cent," Dewdney said.

• Catch-up loan. An RRSP loan is ideal for people with a good cash flow but not enough savings to make a lump-sum contribution, said Anthony Williams, vice-president of Academic Affairs, The Canadian Institute of Financial Planning. Many financial institutions can structure an RRSP loan so the first payment is deferred to May or June when you receive your refund.

YLVA VAN BUUREN



Don’t forget, the RSP contribution deadline is March 3.

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Rail industry on track to study risk of carrying oil

In this file photo, a BNSF Railway train hauls crude oil near Wolf Point, Mont. At least 10 times since 2008, freight trains hauling oil across North America have derailed and spilled significant quantities of crude, with most of the accidents touching off fires or catastrophic explosions. Now, the railroad industry, at the urging of the Obama administration and safety officials in the U.S. and Canada, is considering a closer look at the risks posed by trains that now carry hazardous liquids through every region of the country. THE ASSOCIATED PRESS FILE

All work, no play? Not at this office

No dull boys and girls here. Video game company gets happiness co-ordinator in bid to lure and keep top talent

MIKE DONACHIE
Metro in London

Be happy: it's a work day.

It may be an odd idea to some people, but the staff at Big Viking Games in downtown London are encouraged to be happy.

They get free meals, activities, special coffees and general fun and, now, there's even someone in charge of it: a happiness coordinator.

Last week, with help from the City of London's Hire One campaign the video games company's office in southwestern Ontario added Jacqueline Malison to its staff. It's her job to make everyone happy and, with 50 staff to smile for, it's a big task.

Smile! Jacqueline Malison, the new happiness co-ordinator at Big Viking Games in London. CONTRIBUTED

"One of our primary values here at Big Viking is to create fun at work and have happy employees," said company co-founder Greg Thomson.

"We recognize that, in order to attract people to London and have talented employees, we need a work environment that's fun."

So there are afternoon snacks, free breakfast and lunch and specialty coffees in the mornings. The fridge is stacked with pop and the laughs keep coming.

To celebrate the spirit of athletes in Sochi, Big Viking staff staged their own office Olympics last week. Events included a ring toss, wheelbarrow race and a brain freeze challenge, racing to drink slush made with the office's own slush machine.

And the happiness coordinator is there to, well, co-ordinate all that happiness. She organizes events and comes up with ideas. So far, everyone's, ahem, happy with having a few smiles while hard at work.

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ESTHETICS OVER ATHLETICS

SHE SAYS

Jessica Napier
metronews.ca

I've noticed an interesting new trend among my extended social circle of Instagram acquaintances and Facebook "friends."

Alongside all the birth announcements and engagement photos, there seems to be an increasing number of women in their 20s and 30s participating in fitness figure competitions.

It's hard to ignore the myriad of progress photographs populating my newsfeed. Women are chronicling their transition from thin, healthy-looking individuals into sculptured hard bodies and uploading a gratuitous amount of full-body shots to bait friends and family into commenting on their changing physique.

Bodybuilding is big business and the amateur industry is growing at a tremendous rate.

The International Natural Bodybuilding Federation hosts over 50 figure-based competitions across North America every year, attracting thousands of men and women to the stage.

For the female competitions, judging is based on a variety of factors including muscle tone, leanness, overall symmetry, facial beauty (makeup, hair, etc.), stage presence, poise and elegance.

Women are required to wear a two-piece swimsuit (solid colour, no patterns, sparkles and sequins encouraged) and high-heeled shoes. There is also an unwritten rule about applying an obscene amount of tanning lotion.

Built and bronzed competitors strut across the stage to show off their musculature through a series of mandatory poses. According to the INBF website, judges are looking for a "toned, conditioned physique with no visible cellulite or fat."

Aren't we all!

But in all seriousness, many of the factors on which these participants are evaluated don't exactly correlate to athletic values, but seem to align a bit more with traditional pageant ideals.

Poise, elegance and facial beauty aren't skills you work on at the gym; and yet you can't deny the work it takes to get on that stage.

Attaining a fitness model figure requires an incredible amount of discipline and strength.

Competitors must adhere to an extremely restricted diet and spend months working through an intense physical training program. In the days leading up to these competitions, women will cut back to 800-calorie-a-day diets, exercise for four hours or more a day and dehydrate themselves in an attempt to make their muscles pop.

Bodybuilding is an endurance sport that takes an incredible amount of mental and physical determination, but I have to wonder what the point of all of it is.

Even if the end goal is to look fit, the emphasis is still on appearance rather than performance-based goals. It seems bizarre to me that competitors spend so much time building their bodies in order to show off how they look rather than what they can do. Why flex instead or lift, or pose instead of press?

Why would a strong woman work so hard for so long only to show up on the day of the competition, slip into a rhinestone bikini and hope the judges decide she's the best-looking gal on stage?

ZOOM

Hey kids, dying for your country is fun!

ALL PHOTOS JOHANNES SIMON/GETTY IMAGES

German army piques interest with youth 'adventure camps'

Youths prepare for hiking in the Bavarian Alps with members of the alpine combat units of the German armed forces, or Bundeswehr, during the Bundeswehr's Adventure Camp Monday.

GETTY IMAGES

Budding Bundeswehr recruits?

Approximately 30 youths took part in the annual, four-day event that gave them an opportunity to get a glimpse into Bundeswehr life and to encourage them to pursue a professional career in the Bundeswehr.

The program has attracted flak from critics who say the army should keep its recruitment tactics targeted only towards adults.

Clickbait

IRENE KUAN
Metro Online

Higher education can be time-consuming and expensive, but imagine being able to study a Harvard University-offered course online for free. This is where Massive Online Open Courses (MOOCs) come in handy, without the commute, or hefty tuition. Here are three MOOC sites that offer free online learning.

Coursera: Coursera is a social entrepreneurship company operated in partnership with Stanford University. It works with other schools to make their courses free online. Students can choose to study a variety of subjects, from humanities to physics. Certificate programs are also available but this is where it will cost you. In Dec. 2013, Coursera introduced an iPhone app for their educational tool.

EdX: EdX offers online courses specifically for interactive study. It was founded by MIT and Harvard University in May 2012, offering university-level courses in a variety of disciplines, and currently has 1.6M users enrolled, with over 29 schools offering courses through the site. EdX also collects users' clicks and analyzes the data to learn about the demographic of each registrant.

Udacity: Udacity looks to help users advance their careers through project-based online classes. The educational organization was first branched out from the free computer science courses offered through Stanford University in 2011, but has since expanded to eight full courses and 25 free coursewares.

Comments

RE: Lululemon Bans Customers for Reselling Yoga Pants? Published online Feb. 13, 2014

Just another corporate cult getting too full of themselves because of the success they've enjoyed. I can relate to protecting ones brand, but do you see ANY other manufacturer from VW to Apple telling their purchasers that they'll be banned if they try to sell their own goods? Frankly its obnoxious. They've drank too much of their own Kool-Aid.
Stuart Rudolph, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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SCENE 2

DVD review

On the Job

Director. Erik Matti

Stars. Piolo Pascual, Gerald Anderson, Joel Torre

Idealism dies hard in this Filipino crime thriller, which premiered at Cannes 2013 and which makes up in characters and action what it lacks in narrative innovation. Director Erik Matti and his crew put together a Hollywood-beckoning drama that favourably recalls the bone-deep corruption and generational mentoring of A Prophet or Donnie Brasco or any number of similar genre films. "No one's clean in this line of work," a character observes, and the remark could apply to toilers on both sides of the law who are busily eliminating opposition to their illicit activities. The proverbial one good cop caught in the crossfire (Piolo Pascual) has tangled family connections that are giving him grief. Where Matti excels is in action scenes, including a subway chase that recalls a similar one in The French Connection. Extras include deleted scenes and a making-of featurette. PETER HOWELL

Amazing Alice: Not just another Holocaust story

The Lady in Number 6: Music Saved My Life. Oldest living pianist and Holocaust survivor is star of Malcolm Clarke's documentary

Alice Herz-Sommer, a Holocaust survivor who's the subject of the Oscar-nominated documentary The Lady in Number 6: Music Saved My Life, which was made by a Canadian crew. KIERAN CRILLY /THE CANADIAN PRESS

Director Malcolm Clarke is keeping a level head about his Oscar nomination for the inspiring documentary The Lady in Number 6: Music Saved My Life. "I try not to think about it," he says cheerfully in an interview, although he stresses he's honoured by the nod.

But does he have any superstitions or rituals he's following in advance of the March 2 ceremony in Los Angeles? He says no, he's not superstitious. Except .... "Someone said to me yesterday, 'Have you written your speech?' The last thing I would do is write a speech. I think it would jinx it."

Clarke already has one of the coveted golden statues, winning the best documentary short category in 1989 for You Don't Have to Die, about a child battling cancer who inspired other youngsters with the disease. When he accepted that Oscar, he thanked the Academy for continuing to honour documentaries at a time when there was a push to exclude them from the awards.

The Lady in Number 6 tells the story of 110-year-old Alice Herz-Sommer, described as the world's oldest living pianist and the oldest survivor of the Holocaust. It's impossible not to be captivated by the bright-eyed, joyful woman whose frail hands still manage to tickle soul-touching music out of the piano in her London apartment. Her sunny outlook along with the music, she says, helped her survive her darkest moments.

"Music saved my life and music saves me still," she says in the film. It's a philosophy that was crystal clear during the two weeks the film crew spent talking to Herz-Sommer in her tiny apartment.

"She says in the film there's beauty even in the bad things in life, you just have to know where to look for it," said executive producer Frederic Bohbot, founder of Montreal's Bunbury Films. Clarke, who is British but has lived in Montreal since the mid-1990s, was initially reluctant to make the film on Herz-Sommer because he'd already made a film on the Holocaust.

"I had had enough of dealing with Holocaust material," said the director. "When you sit with that material for any length of time, it can get to you. It wears on you psychologically." Clarke was nominated for an Oscar in 2003 for Prisoner of Paradise, which chronicled Kurt Gerron, a German-Jewish performer who was interned in the Theresienstadt concentration camp in what is now the Czech Republic and forced to make a now-infamous propaganda film for the Nazis.

But a meeting with Herz-Sommer, who was interned with her young son at Theresienstadt, a feeder camp for the Auschwitz death camp, changed his mind.

"I only sat with her for an hour, an hour and a half and at the end of that meeting, I realized that . . . we should do it because she was so remarkable and her story was much bigger than just being a Holocaust story. "I don't think of this film as a Holocaust film at all. It's certainly important in Alice's life. It forged who she became afterwards (but) it's a film about much more than that."

At the risk of being "high-falutin," he says The Lady in Number 6 is about the indomitability of the human spirit.

THE CANADIAN PRESS

Quoted

"She (Alice Herz-Sommer) says in the film there's beauty even in the bad things in life, you just have to know where to look for it."

Frederic Bohbot, Executive producer of The Lady in Number 6: Music Saved My Life

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

One song wasn't enough to cover Taylor's too-Swift fall for Gyllenhaal

The lyrics to some of the songs on Taylor Swift's last album suggested that her relationship with Jake Gyllenhaal didn't end too well, but apparently we had no idea. A source tells Radar Online that the entire album was inspired by the fallout from their split, with the song The Moment I Knew chronicling Swift's disastrous 21st birthday party, at which Gyllenhaal was reportedly a no-show. "Taylor thought maybe he was planning some sort of surprise. Nope. He didn't show up and she locked herself in the bathroom and cried the entire night," the source says. "Her breakup with Jake inspired every word of (the album) Red." So why did this brief romance reportedly hurt more than the others that Swift used as fodder for hit songs?

According to the source, Swift had been "saving herself for marriage" but decided to scuttle that plan after three months of dating Gyllenhaal.

"She thought she was going to marry Jake, that's how in love she was with him."

John Krasinski and Emily Blunt ALL PHOTOS GETTY IMAGES

A baby bundle for arguably the most adorable pair in Hollywood

Emily Blunt and husband John Krasinski are officially parents, welcoming a baby girl Sunday in Los Angeles, the proud papa announced via Twitter. "Wanted to let the news out directly. Emily and I are so incredibly happy to welcome our daughter Hazel into the world today," the former Office star wrote. It's the first child for Blunt and Krasinski, who were married three and a half years ago in Italy.

Bossypants from the block: Perez writes that Lopez has been a diva from day one

Rosie Perez reveals in her new memoir, Handbook for an Unpredictable Life, that she and Jennifer Lopez aren't on the best of terms — and it's been that way for a long, long time. Perez first encountered Lopez when the Jenny from the Block singer auditioned to be a Fly Girl dancer on In Living Color, where Perez was the choreographer. Perez says she fought to get Lopez on the squad — despite show boss Keenan Ivory Wayans complaining that she was "chubby and corny" — only to regret it when Lopez displayed early signs of diva-dom. "All of the girls were coming into my office complaining how she was manipulating wardrobe, makeup and me, all to her advantage," Perez writes, adding that when confronted, Lopez went off on her like "some ghetto biatch, screaming and pounding her chest."

J.K. Rowling

New bone-chiller to be released by Potter penwoman's alter-author

J.K. Rowling is back with a novel involving a writer whose acid-tipped pen may have led to murder.

Publisher Little, Brown said Monday that it is publishing a second book by Robert Galbraith, the Harry Potter author's thriller-writing pseudonym.

The Silkworm sees the return of detective Cormoran Strike, the ex-soldier hero introduced in The Cuckoo's Calling. In the new book, Strike investigates the disappearance of a novelist who has written a book that features scathing descriptions of real people.

The Cuckoo's Calling initially attracted little notice when it was published last year, but rocketed up the charts once Rowling was exposed as its author. A lawyer has been fined for letting slip the writer's identity.

The Silkworm will be published June 19 in Britain and June 24 in the U.S.

THE ASSOCIATED PRESS

Metro Ottawa takes a look at the state of the economy in Ottawa-Gatineau and where things are headed in 2014. Including interviews with the mayors of both Ottawa and Gatineau and some of the major economic players, examining everything from jobs and downtown development to small business and the real estate market.
IMAGINE OTTAWA-GATINEAU
Available in the February 25th edition of Metro!

Want to be happier? Invert, breathe, repeat

Mood changers. Here are three simple ways to turn that frown upside down and take control of how you feel

GABBY BERNSTEIN
Metro World News in New York City

Paying attention to how you breathe will help to shift your mood. ISTOCK

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly. Maybe you didn't get enough sleep, or maybe your boss is driving you nuts. Whatever the case, it's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

Don't try to change the world around you, just change the way you see it.
All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life.

Take an inventory of the ways that you project negativity into your life. Whatever you focus on grows. Therefore, it's time to shift your focus.

Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area.

Turn your mood upside down.
One of the best ways to get your happy on is with a simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch the arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can turn your bad mood, stress or foggy mind upside down and recharge your energy.

Most importantly, inversions will lift your spirit and relieve depression. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and endorphins while balancing your hormones. This will make you happier!

Change your breath pattern.
The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into negative behaviour, take a long, deep breath. Your calm and centered energy will support you in positive behaviour.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think. Take your happiness into your own hands and start consciously changing your mood today.

For your phone

Jabra Sport Wireless+ (iPhone/Android) 4 Stars/ $99.95

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Half-Off

Elisha's plan to lose 10 pounds in six weeks hit some snags, and she actually ended up gaining weight ... but is the setback going to keep her from reaching her goal? Visit metronews.ca/voices/half-off to find out.

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How do you spell tea? S-e-r-e-n-i-t-y

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, we put together a list of some teas that can help soothe what ails you.

Here are a few:

Camomile tea
Camomile isn't just for helping you relax. Several of its chemical compounds, especially bisabolol, act as antispasmodics. They relax the smooth muscles that line the digestive tract and uterus, easing after-meal stomach discomfort and soothe menstrual cramps.

Chaga tea
The chaga mushroom, a fungus that grows on birch trees, is believed to be an anti-inflammatory, antibacterial and high in antioxidants. It may even protect against cancer. A 2004 study published in the journal BioFactors found that chaga mushroom extract offers cellular protection against DNA damage.

Dandelion root
As a bitter herb, dandelion root stimulates gastrointestinal function, and is traditionally used for indigestion and mild constipation. It is also a popular caffeine-free alternative to coffee, and a pleasant way to stimulate digestion before or after a heavy meal.

Lemon balm tea
Lemon balm's mild mood-enhancing, sedative effects are commonly used to treat issues such as sleep disorders, restlessness, anxiety and depression. It may dull alertness, however, so avoid it when you're doing activities for which you need to be sharp, such as driving.

Raspberry leaf tea
Raspberry leaves contain fragrine, a substance that helps ease menstrual cramping. It can also lighten excessive bleeding. But if you have a hormone-sensitive health issue, or are pregnant or breastfeeding, talk to your health-care practitioner about whether it's safe for you. **BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**

Tea can calm your mood, and help many common ailments, too. ISTOCK

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You don't spend it all in one place, so just where does your money go?

Go figure. Knowing what you're paying out each month will put you in control

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Do you know what you're spending every month? Guess what Statistics Canada says the average Canadian spends a month. Go ahead, guess. No, I'm not going to tell you yet. I want you to figure out what you're spending first, and then I'll give you the averages.

Don't even know where to start? Grab your last month's bank statement(s), credit card statement(s), and line of credit statement(s). Now, break every transaction into one of the following categories:

- Shelter (mortgage, rent, hydro, heat, taxes, maintenance)
- Services (cable, telephone, security, home cleaning, cell, Internet, childcare, health, pets)
- Food (everything you put in your mouth and swallow, including restaurants)
- Shopping (any STUFF you bought for yourself and anyone else — everything!)
- Transportation (car payment, gas, repairs, highway tolls, taxis, bus, train)
- Entertainment (movies, books, magazines, hobbies, gym, club, sports)
- Bank fees (service charges, ATM fees, NSF fees — don't include interest)
- Interest costs (from everywhere)
- Debt repayment (don't worry about splitting out interest and principal, just total all your debt repayment amounts)
- Savings

If you're the average Canadian, according to the Stats man, you're spending (based on 2011 figures) about $1,611 a month to keep a roof over your head, $650 on food, $280 a month on clothes, $936 on transportation (jeez, really?), and $309 on recreation. But those are averages and there's nothing average about YOU so you have to figure out your own numbers to even know where to start with your money management.

Don't want to be bothered spending the time figuring out where your money is going? Then you shouldn't be surprised when you keep on digging yourself into a debt hole. Only when you're ready to put some effort into making things right, will you end up creating a different result.

Most people spend without even thinking about it. When I suggest that you can find the money you need to save or pay down your debt, it isn't a matter of cutting back to the point where you're having no fun at all. But wouldn't it be interesting to see just where the money goes when you're really paying attention?

The average Canadian spends $650 a month on food. ISTOCK

As our disposable income comes under fire from constantly rising costs and our wants are forced to give way to our needs, it's important we know where every penny is going. The average debt load for households in Canada is up by more than 80 per cent since 1990. And while many of the world's economies and households are reducing their debt levels, in Canada ours continue to climb. Recklessly, we continue to spend money we haven't yet earned. And when our ability to earn hits a bump in the road, if we don't have our expenses under control, the smash-up will be bloody horrible.

If you believe there will always be more money, it's time to wake up and smell the coffee: In January 2012, wages lagged inflation by 0.3 per cent following a six-month period when wages lagged inflation by more than one per cent. So we are falling more and more behind.

You can whine about the economy, bitch about your employment options, worry about money, or you can DO something. That doing means figuring out exactly where your money has been going. Only then can you decide if your money is working the way you want it to. Only then can you take control and make your money work as hard for you as you do for it.

So, are you ready to take control of your money and your life?

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Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Can't Wait To File?

Q When can I file my return?

A I wish everyone was so eager to file. The NETFILE system opened February 10 for electronic filing, so you can hit Send as soon as you are ready. Make sure you have all your T4s and other receipts before you file. If not, you will have to file more paperwork to do an adjustment or the CRA will notice and reassess your return. It may be tempting to file quickly to get your refund, but missing slips will lead to headaches later.

Q I haven't filed a tax return in five years. What is the best way to catch up?

A My advice is to take it one year at a time. And do it now before the CRA sends you a request to file. Start with the oldest year first and work your way forward. Don't get overwhelmed by doing all five years at once. Mail each year when it is ready. Mail is the only option for returns older than 2012. Call the CRA and request any T slips you are missing. Processing will take a little longer but you will receive benefits like the GST/HST retroactively if you qualify.

Visit *hrblock.ca* for a location near you

Cheater's chana

THERESA ALBERT
myfriendinfood.com

There is no way I would disgrace the ancient art of Indian cooking and call this true chana masala. The exquisite mixture of spices and slow simmering of chickpeas can't be beat, but this recipe takes 20 minutes, is low in fat, tasty and a crowd-pleaser. A side of sautéed spinach and an extra bottle of beer is all you need to make this weeknight meal a true treat.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 tbsp butter
- 1 onion
- 1 medium sweet potato
- 1 tbsp curry powder
- 1 tsp cardamom pod
- 1 can chickpeas
- 1 bottle beer
- 1/2 cup tomato sauce
- Pinch hot pepper flakes

1. Warm skillet over medium high heat and add butter.

2. Slice onion, add, allow to brown.

3. Peel and chop sweet potatoes and add to onion.

4. Stir in curry powder and smash cardamom pods with the back of knife and add, stirring to coat. Add chickpeas and stir. Pour beer into skillet and stir in tomato sauce as well as hot pepper flakes.

5. Simmer, uncovered, to thicken and soften potatoes, 10 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS FOUND DAILY AT MYFRIENDINFOOD.COM

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SPORTS 4

Virtue, Moir take silver in curtain call

Ice dance. Celebrated Canadian skaters close out Olympic careers by finishing second to American archrivals

Tessa Virtue and Scott Moir captured the silver medals in the ice dance on Monday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

Canadian ice dancers Tessa Virtue and Scott Moir skated their "best performance of the year" in Monday's Olympic free dance, but it wasn't quite enough to beat their archrivals from the United States.

The defending champions skated a flawless free dance but had to settle for the silver medal after being edged by Charlie White and Meryl Davis.

The Canadians finished with 190.99 points after collecting 114.66 in the free dance.

"This is the biggest stage in the world so, of course, it's stressful," said Virtue. "It's a pretty ambitious program, and it's a loaded program, and I think we did it pretty well.

"We felt immense pressure. We trained 17 years for this moment."

The pair has said Sochi is their final Olympics.

White and Davis finished first with 195.52 points, including 116.63 in the free dance, to become the first American champions ever in the event.

"It kind of all came together for us and we're so pleased to be here," said White. "We're kind of in disbelief."

Virtue, from London, Ont., and Moir, from Ilderton, Ont., trailed the Americans by 2.56 points after Sunday's short dance.

Moir said they were happy with their skate Monday.

"That was our best performance of the year for that program," he said. "That program was our baby and it's special for us to perform it for the last time."

"We handled ourselves in the best way possible."

Elena Ilinykh and Nikita Katsalapov of Russia took bronze with 183.48.

Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., finished seventh with 169.11 while Alexandra Paul of Midhurst, Ont., and Mitchell Islam of Barrie, Ont., were 18th with 138.70.

THE CANADIAN PRESS

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Canada to battle U.S. for the gold

Hockey. Women's super powers set to collide in Sochi final

Canada will play for Olympic women's hockey gold again although their road through the tournament was less dominant than at previous Winter Games.

A 3-1 win over a tenacious Switzerland and their indefatigable goaltender Florence Schelling in Monday's semifinal propelled the Canadians to their fifth Olympic final.

The Canadian women have won the last three gold medals after falling to the United States in the first Olympic women's hockey final in 1998.

The Canadians and the Americans meet for the title again Thursday and will play for the first time in the Bolshoy Ice Dome, where the men's games are.

"We're ready for this," six-time Olympian Hayley Wickenheiser said. "We have a lot of players who have been through this before and know exactly what has to be done.

"What do they say? Courage is just one step ahead of fear. You've got to play with courage and that's what it comes down to."

Reigning world champion U.S. downed Sweden 6-1 in the other semifinal.

THE CANADIAN PRESS

Canada's Natalie Spooner celebrates a goal against Switzerland during Monday's 3-1 victory. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Hockey

USA Hockey tweets early bird anthem

The U.S. women's hockey team has come up with a clever way to attract fans back home to watch its games live — hashtagging the second line of the American national anthem.

The #DawnsEarlyLight hashtag is reminding fans in the United States to wake up early to watch their team. A USA Hockey staffer came up with the idea, playing off the lyrics: "By the dawn's early light."

THE ASSOCIATED PRESS

MEDALS

Through Monday's Events (60 of 98 medals)

Nation	G	S	B	Total
Russia	5	7	6	18
United States	5	4	9	18
Netherlands	5	5	7	17
Norway	5	3	7	15
Canada	**4**	**7**	**4**	**15**
Germany	8	3	2	13
Sweden	2	5	2	9
Switzerland	5	2	1	8
Austria	2	5	1	8
Belarus	5	0	1	6
China	3	2	1	6
France	2	0	4	6
Japan	1	3	2	6
Czech Republic	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4
South Korea	1	1	1	3
Australia	0	2	1	3
Latvia	0	1	2	3
Britain	1	0	1	2
Finland	0	2	0	2

WHAT CANADA DID

MONDAY

BIATHLON

Women's 12.5-kilometre mass start — Megan Imrie, Falcon Lake, Man., 28th overall (38 minutes 59.0 seconds, with five missed targets — 3:33.4 behind winner).

BOBSLEIGH

Men's doubles — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton), sixth overall (three minutes 46.62 seconds after four runs - 1.23 seconds behind winner and 0.35 out of a bronze); Chris Spring, Calgary; Jesse Lumsden, Burlington, Ont.), seventh (3:46.79); Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary), ninth (3:46.88).

CURLING

Women — Canada (9-0) finished the round-robin with a 9-4 victory over South Korea and will meet Britain in Wednesday's semifinal.

FIGURE SKATING

Ice dance — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., second in the free dance (114.66 points) and won the **silver medal** with 190.99 (4.53 points out of gold); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont., fifth in free (103.18) and seventh overall (169.11); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 16 (82.79), 18th overall (138.70).

FREESTYLE SKIING

Men's aerials — Travis Gerrits, Milton, Ont., advanced to the second semifinal jump where he scored 111.95 points and failed to qualify for the final.

HOCKEY

Women — Canada won their semifinal 3-1 over Switzerland and will play the U.S. for the gold medal on Thursday.

SKI JUMPING

Men's Team (large hill) — Canada placed 12th overall in qualifying with 399.2 points (Trevor Morrice, Calgary, 94.3; Dusty Korek, Calgary, 102.6; Matthew Rowley, Red Deer, Alta., 94.7; Mackenzie Boyd-Clowes, Calgary, 107.6) — did not advance to the finals.

CURLING

All Times Eastern

MEN

Country	W	L
x-Sweden (Edin)	8	1
x-Canada (Jacobs)	**7**	**2**
x-China(Liu)	7	2
t-Norway (Ulsrud)	5	4
t-Britain (Murdoch)	5	4
Denmark (Stjerne)	4	5
Russia (Drozdov)	3	6
Switzerland (Michel)	3	6
United States (Shuster)	2	7
Germany (Jahr)	1	8

x — clinched semifinal berth
t — advance to tiebreaker

Monday's results
China 6 Britain 5
Denmark 5 Norway 3
Russia 8 Germany 7
Switzerland 6 United States 3
End of Round Robin
Tuesday's game — Tiebreaker
Norway vs. Britain, 12 a.m.
Wednesday's games — Semifinals
Sweden vs. Norway-Britain winner, 10 a.m.
Canada vs. China, 10 a.m.

WOMEN

Country	W	L
x-Canada (J.Jones)	**9**	**0**
x-Sweden (Sigfridsson)	7	2
x-Switzerland (Ott)	5	4
x-Britain (Muirhead)	5	4
Japan (Ogasawara)	4	5
China (Wang)	4	5
Denmark (Nielsen)	4	5
South Korea (Kim)	3	6
Russia (Sidorova)	3	6
United States (Brown)	1	8

x — clinched semifinal berth
Monday's results
Britain 9 Russia 6
Japan 8 China 5
South Korea 11 United States 2
Switzerland 10 China 6
Canada 9 South Korea 4
Denmark 8 Britain 7
Sweden 8 Japan 4
End of Round Robin
Tuesday's games — No Games Scheduled.
Wednesday's games — Semifinals
Canada vs. Britain, 5 a.m.
Sweden vs. Switzerland, 5 a.m.

HOCKEY

All Times Eastern

MEN'S PLAYOFFS
Tuesday's games
Qualification Round
Slovenia vs. Austria, 3 a.m.
Russia vs. Norway, 7:30 a.m.
Czech Republic vs. Slovakia, Noon
Switzerland vs. Latvia, Noon
Wednesday's games
Quarter-finals
Sweden vs. Slovenia-Austria winner, 3 a.m.
Finland vs. Russia-Norway winner, 7:30 a.m.
Canada vs. Switzerland-Latvia winner, 12 p.m.
U.S. vs. Czech Republic-Slovakia winner, 12 p.m

WOMEN'S PLAYOFFS
Monday's results
Semifinals
Canada 3 Switzerland 1
U.S. 6 Sweden 1
Sunday's results
Qualifications
(Fifth-Eighth places)
Finland 2 Germany 1
Russia 6 Japan 3
Tuesday's games
Seventh Place
Germany vs. Japan, 3 a.m.
Fifth Place
Finland vs. Russia, 7:30 a.m.
Thursday's games
Bronze Medal
Sweden vs. Switzerland, 7 a.m.
Gold Medal
Canada vs. U.S., 12 p.m.

Canadian captain favours gold over goals

Men's hockey. Crosby's Sochi contribution goes beyond the scoresheet, says Toews, Babcock

Ziga Jeglic and Janis Sprukts aren't Sidney Crosby, yet they're both outscoring the Team Canada captain in the Olympic hockey tournament.

Through three games, Crosby has no goals and two assists, a level of production that could be cause for concern. But that's only the case if Crosby's other contributions are ignored.

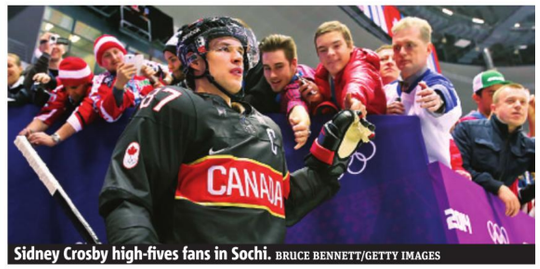
"He's playing against the best D-pairing and they're going all out trying to check him," centre Jonathan Toews said Monday. "Whether he's scoring every game or not, he's deflecting a lot of that attention, a lot of that pressure ..."

Coach Mike Babcock understands the star centre's role on this team goes beyond just filling up the scoresheet.

"Everyone evaluates Sid on scoring, and I evaluate Sid on winning," Babcock said Sunday night after beating Finland 2-1 in overtime. "That's what we came here for."

Through three games his team is undefeated going into Wednesday's quarter-final against Switzerland or Latvia, and Crosby has offered a balanced assessment of his play.

"I think you always want more," Crosby said. "If you asked me that question a month ago, I'd have said, 'I'd like to create more.' It's the same way now. You always want to generate offence ... and obviously put the puck in the net." THE CANADIAN PRESS



Sidney Crosby high-fives fans in Sochi. BRUCE BENNETT/GETTY IMAGES

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PAPER TO INSERT DEALER TAG HERE

Men's hockey

Kovalchuk just resting: Coach

Ilya Kovalchuk was not on the ice for Russia's final practice before the qualification round, and his coach insisted the superstar forward is not injured.

"He's OK," Russian coach Zinetula Bilyaletdinov said Monday. "Just a rest."

Kovalchuk missed the final minutes of the second period in Sunday's win over Slovakia after appearing to hurt his right ankle.

The fifth-seeded Russians will play 12th-seeded Norway on Tuesday. THE ASSOCIATED PRESS

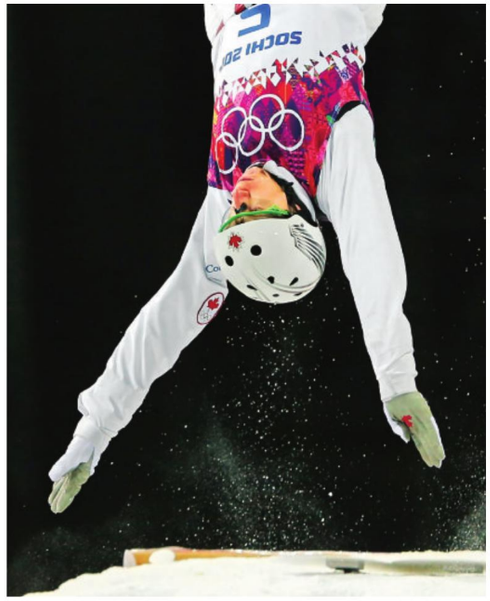
Men's hockey

Russians protest disallowed goal

After a heated U.S.-Russia game at the Sochi Olympics on Saturday, many Russian spectators have decided the cold war is back — and not just on the ice.

Demonstrators gathered in Moscow on Monday to protest a referee's call disallowing a Russian goal in the game that Russia ultimately lost in a penalty shootout.

The protesters, organized by the Kremlin party's youth group, shouted, "Make soap out of the ref!" — a common expression among Russian soccer fans. THE ASSOCIATED PRESS



Ontario's Gerrits left hanging

Canada's Travis Gerrits jumps during men's freestyle skiing aerials at Rosa Khutor Extreme Park on Monday in Sochi. The Milton, Ont., native failed to make the final and settled for a seventh-place finish after scoring 111.95. Anton Kushnir stuck a near-perfect landing on his five-twisting jump in the finals Monday to make it 2-for-2 at the Sochi Games for his country, winning the gold medal three nights after Alla Tsuper took gold for Belarus in the women's contest. SERGEI GRITS/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't agree to something just because you cannot be bothered to argue. If you take the easy way out now you will have major problems later on when loved ones and work colleagues hold you to your promises.

♉ Taurus
April 21 - May 21
As the Sun moves into in the area of your chart that governs your hopes and wishes, your dreams and aspirations, you cannot help but raise your sights and aim for something better in life.

♊ Gemini
May 22 - June 21
Carry a notepad with you at all times and be ready to write down any ideas that come into your mind. Your brain is always on the go but soon you will be inspired where career insights are concerned.

♋ Cancer
June 22 - July 23
Don't waste time telling the world what you are going to do — just get on and do it and show you can walk the walk as well as talk the talk.

♌ Leo
July 24 - Aug. 23
You cannot afford to back down today. The planets warn if you give ground once you will be expected to give ground again and soon you will be in full retreat. Leos are stubborn, so dig in your heels.

♍ Virgo
Aug. 24 - Sept. 23
You will feel an attraction for someone who is as different to you as chalk is to cheese and it could be the start of a beautiful friendship – or more. Opposites often match.

♎ Libra
Sept. 24 - Oct. 23
If you find that you are lacking in energy today resist the urge to push yourself even harder. Now that the Sun is moving through the wellbeing area of your chart you must pace yourself sensibly.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun spends the next few weeks transiting the most dynamic and creative area of your chart, so set your sights high and don't think for a moment that you can't reach the top.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will surprise you today with what amounts to an outrageous ultimatum. Surprise them back by telling them in no uncertain language what they can do with their demands.

♑ Capricorn
Dec. 22 - Jan. 20
Visit places that excite you and visit people who inspire you. Social activities of all kinds are under excellent stars, as is travel, so hit the road and don't look back.

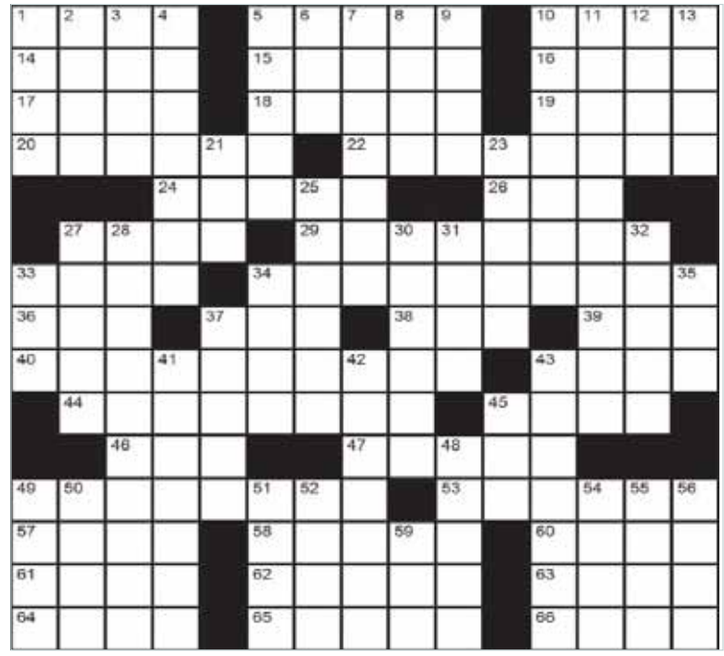
♒ Aquarius
Jan. 21 - Feb. 19
People you trust will be happy to help you out with advice today and you will probably need it where money matters are concerned.

♓ Pisces
Feb. 20 - March 20
The Sun moves into your sign today and even if your birthday you should go out and celebrate. The next few weeks will be extra special, so start making plans and believe, that your dreams will come true. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

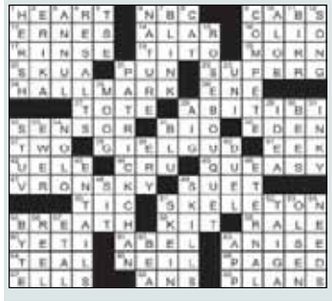
BY KELLY ANN BUCHANAN



Across
1. Half, in Hull
5. Chocolate substitute
10. Terrestrial stage newts
14. With, in Montreal
15. Plant source of tequila
16. "There ought to be _ __ against that!"
17. Give out
18. Resin in varnish
19. Chinook salmon
20. "Survivor" host Jeff
22. Can be united, as opposed to being a foe
24. Mineral water brand
26. Farm enclosure
27. Nylons shade
29. Shirtsleeve jewellery
33. Unforeseen complication
34. Matters of more importance
36. __ and yang
37. SOCHI 2014 - Abbr. for Zagreb's land
38. Sass
39. Miracle-__ (Plant food brand)
40. Russian souvenir, __ doll (Nesting doll)
43. Leg part
44. SOCHI 2014 - Western __ Mountains
45. Objections
46. Puny, puny-ly
47. Vacuum cleaners brand
49. Missed calls 'game': 2 wds.
53. __ Valley, in western Newfoundland
57. "I never promised __ _..."
58. SOCHI 2014 - 'Official Timekeeper' of the Olympics
60. Cincinnati's home
61. Bewitched
62. Ursa __ (Constellation)
63. Do some garden work
64. Moulding style
65. English class assignment
66. Space letters

Down
1. A bit wet
2. By any chance
3. "From __ __ You" by The Beatles
4. SOCHI 2014 - __ Skating Palace
5. Desert dwellers
6. In the past
7. Easter Island: 2 wds.
8. Long circle
9. Canadian telecom company
10. What to do in the kitchen's table: 3 wds.
11. 1975 Rush album: 3 wds.
12. Unit of weight in China
13. Popeye comics kid, __'Pea
21. "Law & Order: _ _ _ "
23. Long Island resort town
25. Over
27. Very early computer
28. Type of melon
30. Like Arlo Guthrie's music
31. Cold, as water in Spain
32. Ms. Russell, and namesakes
33. Type of orchestra, for short
34. Malayan sailing boat
35. Jr. family member
37. Recurring process
41. Destroy
42. Actress Vanessa
43. Gordon Lightfoot song
45. Ghost's shout!
48. Chilling
49. Prefix meaning 'Fire'
50. Author, Tami __
51. Voluminous book
52. Quebec friends
54. Canadian comedian Caroline
55. Geese: French
56. Sci-Fi character
59. Last, __ _ long way

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9							6
		5	2					
1		4		8	9			7
					5		7	9
		1		3		6		
2	7		9					
3			6	1		2		5
					3	4		
4							8	

Friday's Sudoku

7	2	8	1	9	4	5	3	6
1	4	5	2	6	3	8	7	9
9	3	6	5	7	8	1	2	4
8	6	4	3	1	9	2	5	7
2	5	7	8	4	6	9	1	3
3	9	1	7	5	2	6	4	8
5	8	9	4	3	1	7	6	2
6	1	3	9	2	7	4	8	5
4	7	2	6	8	5	3	9	1

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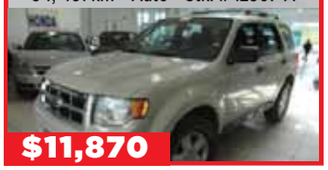
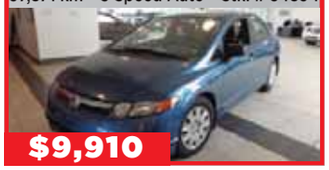
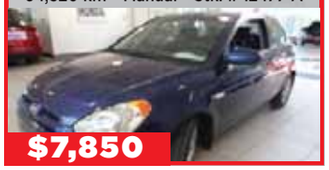
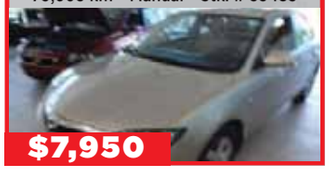
2008 Ford Escape XLT
2.3 engine
94, 461 km • Auto • Stk: # 12507-A

$11,870

2008 Honda Civic DX
Sedan • 1.8L 4 cylinder engine
97,871 km • 5 Speed Auto • Stk: # 34894

$9,910

2008 Hyundai Accent HB
Hatchback • 1.6L 4 cylinder engine
64,520 km • Manual • Stk: # 12477-A

$7,850

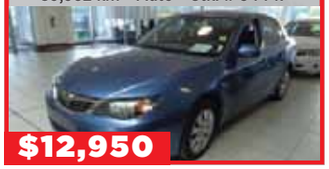
2008 Honda Mazda3
Sedan • 2.0L 4 cylinder engine
79,603 km • Manual • Stk: # 33485

$7,950

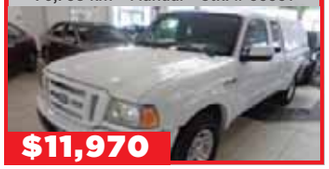
2008 Toyota FJ Cruiser
4WD SUV • V6 cylinder engine
134,782 km • Manual • Stk: # 35569 USA

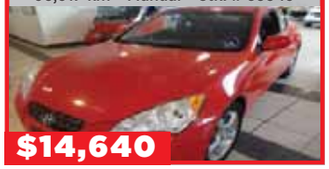
$17,980

2009 Honda Fit DX
Hatchback • 4 cylinder engine
77,933 km • Manual • Stk: # 35561

$8,880

2009 Subaru Impreza
AWD Sedan • 2.5L 4 cylinder engine
89,932 km • Auto • Stk: # 34447

$12,950

2010 Ford Ranger Sport
Supercab Truck • 4.0L V6 cylinder
76,758 km • Manual • Stk: # 35591

$11,970

2010 Hyundai Genesis 2.0T
Coupe • 2.0L 4 cylinder engine
95,917 km • Manual • Stk: # 35549

$14,640

2011 Jeep Patriot
North Edition SUV • 2.4L 4 cylinder
46,279 km • Auto • Stk: # 35078

$15,740

2010 Toyota Corolla CE
Sedan • 1.8L 4 cylinder engine
96,182 km • Auto • Stk: # 35356

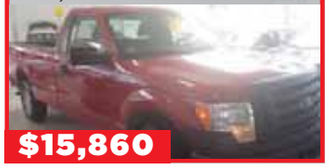
$9,870

2010 Toyota Matrix
Sedan • 4 cylinder engine
87,399 km • Auto • Stk: # 35336

$11,860

2011 Chevrolet Equinox LS
SUV • 2.4L 4 cylinder engine
83,565 km • Auto • Stk: # 35544

$15,630

2011 Ford F-150 XL
FLEX FUEL Truck • 3.7L V6 cyclinde
19,357 km • Auto • Stk: # 35587

$15,860

2011 Ford Fiesta SE
HB Hatchback • 1.6L 4 cylinder engine
91, 687 km • Auto • Stk: # 35182

$9,870

2011 Honda Pilot LX
4WD 8PASS SUV • 3.5L V6 cylinder
60,981 km • Auto • Stk: # 35148 USA

$25,670

2011 Hyundai Sonata
Sedan • 2.4L 4 cylinder engine
74,881 km • Auto • Stk: # 35355

$13,720

2012 Dodge Ram 1500 SLT
HEMI 4WD Truck • 8 cylinder engine
32,946 km • Auto • Stk: # 34429

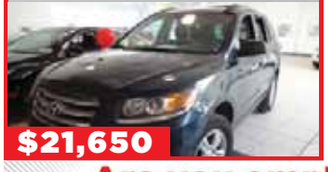
$25,840

2012 Honda Accord EX
Coupe • 2.4L 4 cylinder engine
29,686 km • Auto • Stk: # 35564

$18,940

2012 Honda CR-V EX
R.CAM SUV • 2.4L 4 cylinder engine
14,385 km • Auto • Stk: # 34955 USA

$24,870

2012 Hyundai Santa Fe
AWD SUV • 2.4L 4 cylinder engine
47,006 km • Auto • Stk: # 34789 USA

$21,650

2012 Kia Forte LX
Sedan • 4 cylinder engine
53,100 km • Auto • Stk: # 35234

$12,830

2012 Nissan Altima 2.5S
XTRONIC CVT • 4 cylinder engine
58,295 km • Auto • Stk: # 35390

$13,850

2012 Toyota Yaris LE
HB Hatchback • 1.5L 4 cylinder engine
42,267 km • Auto • Stk: # 34944

$13,570

2013 Hyundai Elantra GLS
Sedan • 1.8L 4 cylinder engine
52,207 km • Auto • Stk: # 35527

$14,930

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